

Maitake Mushroom

U.S. organic family and hand grown. *Hen of the Woods & Dancing Mushrooms* are common names of these mushroom jewels. Slow air-dried, maitake are known for their sublime taste and texture.



pareve

Whole Shiitake Mushroom - donko grade

Donko is the highest grade. The best taste and benefits, thick caps. Slow air dried to best capture their savory essence. Donko Shiitake have the taste that made shiitake the culinary star it is.



Sliced Shiitake Mushroom

Grown on oak logs in natural forest habitat. Stems removed, sliced, and slow air dried. Renown for umami richness and pleasant texture. Slices rehydrate quickly.



Delicious & Strengthening

Drying food was an early way to preserve food. It provides a year-round supply of enjoyable taste and health benefits. Properly stored in a dry, dark place, they keep well for an extended period of time.

Dried mushrooms for soups, stews, stir-fries, grain patties, casseroles, and many recipes. Their taste is accentuated in the drying process. Chefs use fresh and dried mushrooms together for more taste and texture.



Delicious, Gluten Free EDEN Dried Mushrooms

Cooking with Dried Mushrooms

Rinse and soak them in water for 10 to 20 minutes until they are soft. They are then used as if they were fresh mushrooms. The soaking water is called 'mushroom liquor' and is used in recipes. It can also be frozen to prepare soup stock or cooked down to concentrate its taste.



Clinton, Michigan 49236 • 800-248-0320
cs@edenfoods.com • edenfoods.com



Maitake & Shiitake Dried Mushrooms

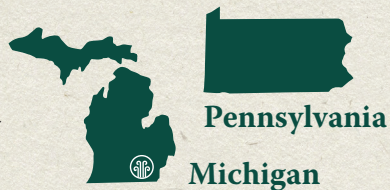


Pure & Purifying™



Maitake Mushrooms

Organic.
U.S. grown
on hardwood



Hand harvested.
Separated into small
clusters and air dried

The process
takes about

65 days

Shiitake Mushrooms



Forest
grown in
Japan



Oak logs are
seeded with
Shiitake mycelium

In one year
Shiitake emerge
and produce a
few flushes each
year for 4 to 5 years



Gemelli with Mushroom Marinara

serves 6 cook time 40 min.

Ingredients

- 2 Tbsp **EDEN Extra Virgin Olive Oil**
- 1 cup onion, diced
- ½ cup **EDEN Maitake Mushrooms**, soaked 10 min. in warm water, chopped
- ⅓ cup **EDEN Shiitake Sliced Mushrooms**, soaked for 20 min. in warm water
- 1 jar **EDEN Spaghetti Sauce**
- 14 oz **EDEN Crushed Tomatoes**
- 1½ cups water
- 1 Tbsp **EDEN Shoyu Soy Sauce**, or to taste
- 1 tsp dried basil
- ¼ tsp dried oregano, optional
- 1 box **EDEN Spelt & Buckwheat Gemelli**

Directions

Heat oil in a medium saucepan and sauté onions for 1 to 2 minutes. Add the remaining ingredients except the pasta. Cover, reduce heat to low and simmer for 30 minutes. When the sauce is almost done, cook pasta according to package directions. Drain pasta. Place the pasta on serving plates and ladle the sauce on top.



Soak and Use
as Fresh
Mushrooms

Miso Broth

serves 5
cook time 20 min.

Ingredients

- 5 whole **EDEN Whole Shiitake Mushrooms**
- 4 cups water, including shiitake soaking water
- 1 piece **EDEN Kombu**, 4 inches long
- ¼ cup **EDEN Bonito Flakes**
- 2 Tbsp **EDEN Mugi Miso**, purée with 1 Tbsp water
- 2 tsp **EDEN Mirin**

Directions

Soak shiitake in a bowl with warm water and cover for 20 minutes. Remove stems and discard. Place water, kombu, whole shiitake and shiitake soaking water in a saucepan. Simmer for 5 minutes, remove and discard kombu. Continue simmering

for another 10 minutes. Remove shiitake, slice and set aside. Turn off heat, add bonito flakes and let sit for 5 minutes. Strain out flakes and return liquid and shiitake to saucepan. Season with miso and mirin. Serve over udon or soba.



Unique polysaccharides of **Shiitake** and **Maitake** mushrooms, especially beta-glucan, strengthen immunity.

Good food grows and strengthens good health.

